POST OPERATIVE INSTRUCTIONS FOLLOWING LIPOMA EXCISION
In order to continue your care at home, please follow these guidelines:

1. **DIET:** First meal at home should be clear liquids and return to regular diet as tolerated.

2. **ICE:** A Durakold wrap or similar cold application device be provided for your knee. Use either device for the first week to decrease swelling and pain. (20-30 minutes on, 60 minutes off) You may continue to use ice as long as you are having pain and/or swelling and after instructed exercises.

3. **POSITIONING:**

4. **DRESSING AND WOUND CARE:**
   - All surgery patients may remove the bulky dressing 24 hours after surgery unless there is a drain or pain pump. If there is a drain or pain pump, the dressing and the drain or pump should be removed at 48 hours. If present the yellow xeroform gauze should be removed. Leave the steri-strips in place until they fall off. Gently cleanse the incisions with gauze wet with a mixture of equal parts Hydrogen Peroxide and warm water and dry incisions well. If incisions are draining, redress with sterile gauze and surgical tape. If incisions are not draining you may cover them with band aids. Some bleeding is expected after surgery. Apply band aids perpendicular to steri-strips. Dressings should be changed daily after the initial dressing change.
   - Arthroscopy patients may shower 24 hours after surgery. Patients with incisions larger than 1 inch must wait five (5) days to shower. No tub bathing or immersion of incisions until they are fully healed and Dr. Higgs approves.

5. **MEDICATIONS:**
   - **Antibiotic:** Usually Keflex. Take as directed for 2 days.
   - **Anti-inflammatory:** Usually Naprosyn. Take one tablet twice a day as directed. Please call the office if you are unable to tolerate the medication (upset stomach)
   - **Pain Medication:** Usually Percocet. Take as directed and only as needed. This medication may cause nausea. If you become nauseated, let Dr. Higgs or the doctor on call know. This medication can also cause constipation. Drink plenty of water. **Do not drive or drink alcohol while taking this medication.** Please call the office if you run out of pain medicine. A second pain medication will be phoned in for you.
   - **Aspirin:** Take one Aspirin with food each morning for 10 days beginning the day after surgery.
- Multivitamin: One each day.
- Vitamin C: Take 1000 mg twice a day.

6. **WOUND:** Infection after surgery is always a concern or possibility. Please notify your physician if you note any increasing redness about the incisions, drainage from incisions, or develop a fever over 101 that persists. Some bleeding and/or drainage can be expected the first few days after surgery.

7. **EXERCISE:** Pump your ankles for 5 minutes each hour while awake after surgery until you have resumed your normal activities.

8. **REST:** Surgery is both psychologically and physically demanding so you need adequate rest to recover. Let pain be your guide; too much pain; too much activity.

9. **POSTOPERATIVE FOLLOWUP:** You have been given a follow appointment date. Please call the office to change or confirm your appointment if you can’t remember the date or it is not convenient for you. The appointment is usually 10-14 days after surgery.

******** Please do not drive, operate any machinery or make important business decisions for twenty four (24) hours following your surgery due to the medications you have received for your surgery.

______________________________  ________________________
Patient / other                  Witness

______________________
Date/Time